

SANSKRITI INTERNATIONAL SCHOOL

MONTHLY

NEWSLETTER

MARCH 2022



NOTE FROM THE PRINCIPAL



**Dear Parents,
Greetings and Namaste!**

With New Year round the corner, let me first start by wishing you all better and brighter days in the months to come. March is a month to celebrate the glory of women and recognize their contributions portraying different roles in society.

As always, Women's day celebration was a plethora of information regarding women across the world who made remarkable contributions towards society. All the grades worked on different topics and it was pure delight to watch the final presentations to commemorate the hard work and exuberance of women across the world.

Sanskriti Model United Nations (SMUN) was yet another platform for our learners to hone their inter and intra-personal skills. We are delighted that the third chapter of the SMUN was held physically in the school premises after the pandemic. Delegates, representing different countries, debated on international affairs. Learners as delegates shared their position paper and discussed the critical issues and brought forth their countries' perspectives regarding the same. They were empathetic thinkers and resilient during all the two days of SMUN. This is an excellent opportunity for our learners to groom their international-mindedness and effective communication skills. March also witnessed the much needed outdoor learning for our learners with an amalgamation of great learning and loads of fun. Since we believe that learning is the discovery and exploration that goes beyond the walls of the classroom, outdoor learning becomes an integral part of learning in Sanskriti. Learning outside the classroom supports the development of healthy and active lifestyles by offering children opportunities for physical activity, freedom and movement. It also promotes a sense of well-being. The last week of March was time for all our learners to go for their yearly trips, both national and international. It was a sheer joy to witness our young learners of grade 1 and 2 camp in the school. The lower and upper elementary learners all went to different places. Trips like these enhance practice of personal dispositions and enhance their adaptation and resilience to the next level. It was great to see them all coming back with happy faces!

Wishing our entire Sanskriti family a Happy New Year 2079 !

Best Regards,
Timila Shrestha

Grade Wise Articles

► Animal World

Early Years learners went to explore the zoo on Friday, March 22, 2022. They observed different types of animals, birds, reptiles, and species of fish. During the trip, they enquired about animals, their food habits, ecosystems, and colors. It was an interactive trip as all the learners were immensely engaged. They gained a wider understanding of the world and were very excited to have this experience.



► Camping Under the Stars

Camping is better when doing it with friends. Nothing can compare to the first time 6-year olds get to experience camping at school with their friends. Free from the structured, scheduled routines of home and school, camp gives children much-needed spare-time to just play and bond with each other. On March 25, 2022, learners of Grade 1 had a blast camping at school and were engaged in a variety of games, ranging from self-directed activities to cooperative play. The children were thrilled to assist the camping team by putting up tents of their own and they had a grand bonfire in the evening where they sang and danced to their favorite songs. They had a marshmallow barbeque and sumptuous snacks and enjoyed a short movie together too. The learners were further excited to celebrate one of their friend's birthdays this evening and it was a completely new experience for them to later sleep in sleeping bags inside their respective tents. The next morning began with a pumped-up Zumba session followed by a healthy breakfast, and afterwards, the learners left with big smiles and jolly faces. Overall, this entire experience taught them how to cooperate, adapt, and communicate well with each other.



► Camping at School

The school organized a night camp for the learners of Grade 2 on April 1, 2022. Twinkling stars, clear sky, warm breeze, and classmates for company—the learners had the time of their lives as they spent a night camping on the school grounds. The learners enjoyed their independence and time away from home as they were kept engaged in a variety of supervised, fun-filled and adventurous activities. All the cherubs participated in various immersive activities like the crocodile river, and they passed through hula hoops, ran races, and threw balls enthusiastically during these games. Laughter and giggles echoed through the corridors of the school as the learners enjoyed interactive play with their friends and teachers.

The highlight of the evening was the groovy, foot-tapping music played during the bonfire. The learners danced and swayed to the lively beats till late evening and it was indeed a task for the teachers to coerce them to leave the dance floor. The music was followed by a singing battle between the boys and girls. The evening finally ended with everyone watching a movie. The scrumptious and lip-smacking snacks provided at regular intervals were thoroughly relished by the learners. The camp concluded on the morning of April 2 with a refreshing breakfast. It was a memorable experience for all the kids and an event to cherish forever.



► Grade 3 Trip to Chitwan

Learners of Grade 3 entered the Machhan Country Villa hotel in Chitwan where they were welcomed with hibiscus juice and some exciting goodies. They were told about the various benefits of the flower as they sipped on their drinks and soon after, had fun playing in the cool swimming pool on the hot summer afternoon. The learners also enjoyed a cultural dance performance in the evening and danced along with the performers towards the end of the show. The evening continued with a bonfire under the supervision of the teachers and everyone enjoyed some yummy marshmallows.

On the second day, the learners enjoyed a jungle walk, which is one of the most adventurous and entertaining activities in Chitwan. One can walk through the dense forest around the village area, and simultaneously witness and learn about the daily lifestyles and activities of the Tharu community. Here, the learners also observed numerous species of resident and migrant birds and spent quite some time bird watching, which is one of the major attractions of Sauraha. When they were introduced to the jeep safari, the learners were excited to ride in an open-top jeep that drove into a path surrounded by the dense trees of the jungle. This jeep safari made it possible for everyone to carefully observe the wild animals and take close range snaps of them. Driving into the heart of the park was also a good chance to spot some rare species.

The learners had a wonderful time playing, learning, and spending time with their peers throughout this trip.



► The Beauty of Art - Chistina ma'am

"The aim of art is not to represent the outward appearance of things, but their inward significance."

-Aristotle

Enthusiastic learners of Grade 4 visited Taragaon Museum on Wednesday, March 16, 2022, to observe the Kathmandu Triennale 2077 art exhibition, the largest presentation of contemporary art in Nepal to date. The triennale showcased the distinct artworks of passionate artists from over 40 countries. Learners were amazed to see the various forms and themes of artworks by national as well as international artists. They witnessed several invaluable forms of art displayed in the museum and were wowed by the finest printmakers who commented on social and historical issues, indigenous knowledge, migration, and displacement through art.. Every artist had a story to tell at the venue and this definitely broadened the learners' understanding and perspectives of visual depictions of knowledge and documentation. The learners reflected on their visit and shared that they had a whole new experience visiting the museum and discovering innumerable forms of art with various stories and meanings.



► Fun with Magnets

Hands-on learning plays a vital role in boosting the knowledge of learners. Critical thinking, communication, and collaboration can all be enhanced because of hands-on learning. Learners of Grade 4 did a research activity on “Magnets” and based on the research, learned about magnetic and nonmagnetic substances and the theoretical properties of magnets. In order to verify and test their findings, learners visited the science laboratory at school on Monday, March 14, 2022. They were curious to conduct experiments and identify magnetic and nonmagnetic substances using various items from inside a geometric box provided to them. The learners identified these magnetic and nonmagnetic substances using U-shaped magnets, circular magnets, and bar magnets. They even created magnetic fields with the help of iron filings. The other experiment they performed helped them to verify the properties of magnets. Learners discovered that when magnets are suspended freely, they show north and south directions, just like when ‘like’ poles repel and ‘unlike’ poles attract.

Grade 4 learners showed lots of curiosity at the beginning of the experiment and by the end of the class, felt accomplished that they were able to practically prove the ideas they had studied theoretically.



► Explorers in Gorkha

“When you choose to collect experiences rather than things, you will never run out of storage space.”

- Anonymous

Explorers of Grade 4 visited Gorkha on March 22, 2022, for their annual 3-day educational trip. The excursion was linked to their curriculum which allowed them to explore the birthplace of Prithvi Narayan Shah and the land of the Gurkhas. Learners were in high spirits when they gathered in the school for the trip early in the morning. With their backpacks strapped on, they were more than eager and ready to leave. They sang, ate snacks, and played fun-filled games on their bus ride to Gorkha.

On the first day of the trip, learners got to experience the serene beauty of Gorkha through their adventurous hike around the village of Gorkha Gaun Resort. The village had a quiet, peaceful, and clean environment. The day ended with the learners recording their observations in their trip sheets, and after this, they gathered around a warm bonfire.





On their second day in Gorkha, learners were delighted to start their morning with zumba and yoga sessions. Afterwards, filled with much excitement, they walked through the hiking trails and explored the local cultures and flora and fauna, and appreciated the beautiful scenery around the resort they were staying at. Learners were able to compare and contrast people's lifestyles and the geographical features of Kathmandu and Gorkha too. In the afternoon, they visited Gorkha Durbar Palace and Museum after a short hike up to the site. They were thrilled to observe the whole district from atop the heights. The Gorkha Durbar Palace was still under construction and was open only partially to the public so the tour guide helped the learners collect information for their trip sheets. Learners interviewed the guide and gained new knowledge about Prithvi Narayan Shah and discussed the significance and highlights of the Gorkha district.

On the last day, learners reflected and shared the novel experiences they had had during this journey. Overall, it was a fun, educational, and meaningful few days for the learners who explored Gorkha and created memorable moments.

► Shivapuri-Nuwakot Circuit

Grade 5 had a successful educational trip to the Shivapuri-Nuwakot Circuit. Learners began the 3-day trip on March 23, 2022. They started off with a guided hike through the lush Shivapuri National Park on the northside of the hill overlooking the mountains and observed the rich flora of the forest. They spent the night in nature at the Shivapuri Village Resort.

On day two, they started their 2-hour road trip from Shivapuri to Nuwakot with unlimited enthusiasm. They visited the Nuwakot Durbar and learned about its rich history and listened to stories about the founder of modern Nepal, Prithivi Narayan Shah. Learners were thrilled and fascinated to find out how Prithivi Narayan Shah conquered Nuwakot and built a seven-story palace. Learners presented their understanding of these accounts through letters, travel diaries, reflective articles, art, and group presentations.

On the third day, and on their way back to school, Grade 5 visited Devighat, the confluence of Trishuli and Tadi rivers, to understand more about the region's riverine ecosystems as well as the effects of climate change and its challenges in the locality. Learners were involved in the riverside cleaning campaign to create awareness on the importance of keeping our environment clean. They wholeheartedly enjoyed the trip and also cherished all the learning opportunities they got during their exploration of the Shivapuri-Nuwakot Circuit.



► Learning about Materials

Field trips help learners interact with what they are learning. The experience goes beyond reading about a concept; students are able to see it, manipulate it, or participate in it physically. On Thursday, March 31, 2022, learners of Grade 1 visited Ghonghar Carpet Industry for their first trip for the new unit, “What’s It Made Of?” This trip aimed to give exposure to our young learners about different kinds of materials that make up an object. The learners were enthusiastic and active when they were introduced to the carpet manufacturing process. They got an opportunity to touch and feel different fabric materials and were able to find differences in the various kinds of textiles they touched. They even got to witness the process of spinning and weaving. This trip helped the Grade 1 learners gain a better understanding of the topic while building vital understanding and encouraging community interaction.

► Grade 6/7 The Golden Triangle

The end of March 2022 marked an exciting week for Grade 6 and 7 learners. They went on an enriching educational tour to the Golden Triangle of India— Delhi, Agra, and Jaipur. After the visit, the learners realized that no amount of studying only books can provide them with the kind of knowledge and education they get when they actually visit a place. The ambiance, the magnificence of the monuments, the battles and betrayals, the victories and the glory were all there in real life! The passion and precision with which the palaces, forts, temples, and mausoleums were built left the young minds curious and appreciative of how such grand architectural monuments could be constructed even several hundred years ago. The learners were respectful, thoughtful, adaptable and resilient throughout the trip.

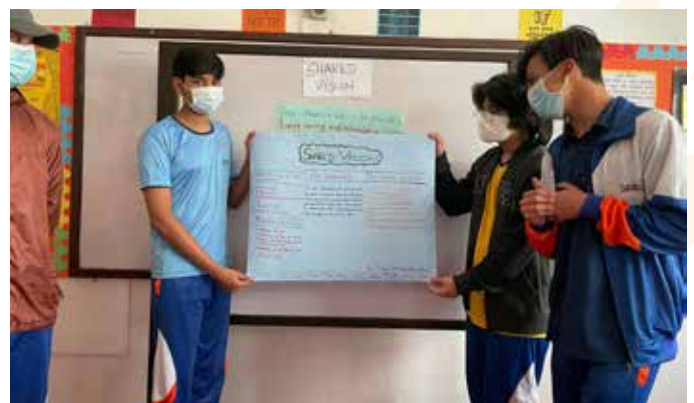
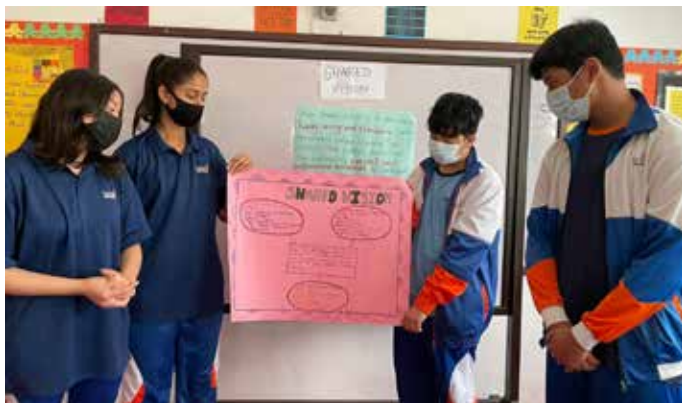
▶ Activity on School's Shared Vision

"Education is the most powerful weapon which you can use to change the world."

- Nelson Mandela

Our school's shared vision is to provide a happy, caring, and stimulating learning environment where learners can achieve their fullest potential by being respectful and embracing international-mindedness to contribute to the ever-changing world.

The learners of Grade 8 were engaged in group activities related to the school's shared vision where they were placed in groups and discussed and prepared charts outlining their understanding of Sanskriti's shared vision. They also listed out the school activities that they felt implemented this shared vision. The learners additionally had a debate on the topic of the Ukrainian and Russian war to exchange information with one another and build awareness on current affairs around the globe. They lastly had a fruitful discussion on the importance of possessing 'International Mindedness' and shared their valuable memories about the ISA projects where they had to work in collaboration with international schools.



► Say No To Bullying

Bullying is no longer simply a bump in the road during adolescence. With the proliferation of social media use, bullying has become an epidemic that has long-lasting consequences such as depression, and in some cases, suicide.

“Stand Up to Bullying!” An anti-bullying campaign was started by David Shepherd and Travis Price, two Canadian high school students, in 2007. As such, anti-bullying day is celebrated every year in the month of November (15 to 19). Young learners have minds like clay that can easily be molded positively or negatively. With this understanding in mind, our school counselor had a session with the learners of Grade 8 to let them know how dreadful it is to bully someone and to discuss the consequences of bullying. They watched videos together and were later divided into groups where they prepared charts on anti-bullying. Grade 8 learners also understood the value of 'One Kind Word', which is the theme of 2021. As per Anti-Bullying Alliances, “Kindness is more important today than it has ever been.” The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us. The learners reflected on these concepts and were engaged throughout the session. They were also thoughtful in their responses on the reasons why they believed most people might bully others. They even enthusiastically shared their ideas on fighting back against bullying and came out of the conversation with a deeper understanding of their roles and the actions they can begin to take on the matter.



► Dancing with the Hills Pokhara-Ghorepani-Ghandruk Trip

Learners of Grades 8,9, and 10 had a revitalizing 5-day long trek to Pokhara- Ghode Pani- Poonhill- Tadapani- Ghandruk- Pokhara. Learners traveled from Kathmandu and reached Pokhara in the evening on the first day. Their second day began with their departure for Ulleri via Naya Pool by jeep. After lunch at Ulleri, the learners started their trek from Ulleri to Ghode Pani. Learners were mesmerized by the beautiful rhododendron forest trails that followed them all the way from Ghode Pani to Punhill. The chilly crisp air of Tadapani and the majestic views of the mountains were an absolute encouragement for the learners. They enjoyed the sights of the mountain ranges accompanied by peaceful forest hikes.

During this process, adaptability was one of the significant personal dispositions acquired with the rising and falling altitudes and climatic conditions. The learners observed the vast diversity of the Himalayan mountains and the breathtaking viewpoints. The scenery during the trek varied day by day as they traveled village by village. Even though the trekking trails were full of difficult ups and downs, they did not give up. The trek provided the learners with a chance to immerse themselves in nature, beauty, and the fascinating culture of one of the world's most scenic regions. The trek gave them a peek at authentic Gurung culture and allowed them a chance to experience the beauty of rhododendrons in full bloom. This trip was an exceptional experience for the learners and they were able to fully grasp the idea of resilience, which they will hold on to for a lifetime.



► Financial literacy

Financial literacy is essential in today's world irrespective of whatever profession we choose. To give the learners a perspective on how to manage their finances, on March 24, 2022, Grades 9,10, and 11 participated in a training on "Financial Literacy" conducted by Nepal Investment Bank (NIB).

Understanding the importance of being financially literate in today's day and age, the training shed more light onto the benefits of digitality in the current financial world. Representatives from NIB who came to speak to the participants ensured that the training was accessible to all kinds of learners, some of whom had not had these types of discourses before. The session focused on conversations around how to develop saving habits and use different financial instruments such as shares, visa and debit cards, mutual funds, and fixed and recurring deposits. The training also emphasized ways to maintain financial behavior and it highlighted other basic financial management principles like saving and investment.

These concepts, however, only make sense if learners can adopt them. Due to this, the training lastly focused on how students and the youth can apply financial literacy theories in their daily lives. This training session was a fruitful start to equip the young attendees with the knowledge and understanding of how to not only survive but thrive in a world that is increasingly digital. This was a beneficial initiative undertaken by the Nepal Investment Bank to help educate the youth to become more financially literate and independent in their daily lives.



Other Event

► Sanskriti Model United Nations

The Model United Nations is an academic simulation of the United Nations in which students take on the roles of delegates from various countries and seek to solve real-world problems using their allocated country's policies and perspectives. Every year, the school has been hosting the Sanskriti Model United Nations (SMUN) for students from Grades 7 to 11. The opening ceremony on March 1 was fun and enlightening as many guests gave motivational and inspirational speeches to commence the two-day session. Learners became thoughtful thinkers and practiced international-mindedness directly through this two-day session, which ended on March 2, 2022.



► UN WOMEN



Agenda: Ensuring and Promoting Educational Access to Females Worldwide

Sanskriti MUN was a great and memorable experience for the delegates of UN WOMEN. All members were asked to go to their committees with their chairs and co-chairs where they were explained the rules and procedures of the committee session. The session commenced with a motion to start the GSL, also known as a General Speakers' List, where each member spoke about their countries, policies, and agendas. Interesting and thought-provoking issues regarding the conservative thoughts that can deprive a woman of education were discussed. Members also talked about girls' education in rural areas with many delegates initiating and putting forward many diverse problems regarding the education of girls and women. During the award ceremony, UN Women was the only committee with two winners for the category of Best Strategist. The two-day conference was full of challenges, learning, and fun. All the members enhanced their knowledge and skills and were able to put forth their thoughts and views on the agenda in the committee while representing their countries. The chair and co-chair were very friendly, helpful, and professional during the conference.

Best Position Paper: Shaurya Pratap Sen Thakuri, Libya

Best Strategist: Prisha Malla, UAE & Shifa Hussain, China

Best Delegate: Tanusha Mahara, Russia

Verbal mention:

Pratikshya, USA

Subina Poudel, Netherlands

Ullas Dangol, India

► World Food Programme (WFP)



Agenda: Ensuring Food Security in Conflict Zones

The primary objective was to discuss the agenda extensively with a dynamic overview of the country's policies and the ways in which regionalism works in a committee like WFP. On the first day, learners had the opening ceremony of SMUN and were then sent to their respective committees. In their respective committees, delegates were taught how to go about the session. The WFP committee began with the GSL where the delegates of Italy, the UK, Ukraine, Iraq, Brazil, Switzerland, Pakistan, China, Peru, and India put forward their views on the agenda. There were multiple moderate caucuses discussing the agenda and motions were raised on the food crisis and blockades due to the war between Russia and Ukraine. On the second day, the committee began with GSL and a few moderates. After this, the delegates moved on to draft resolutions and the solutions were compiled to make Draft Resolutions, which were passed on the floor to make a Final Resolution.

Best Position Paper: Tisha Shrestha Switzerland

Best Strategist: Soumil Mahato United Kingdom

Best Delegate: Sakchhyam Shakya Italy

Verbal mention:

Aaron Pradhan, India

Abir Pradhan, Brazil

Rajasmitha Malla, Iraq

Sushanka Adhikari, Ukraine

Kirtan Yagol, Myanmar

► *Social, Cultural, and Humanitarian Committee (SOCHUM)*



Agenda: Empowering Vulnerable Societies through the Use of Information and Communication Technologies.

The SOCHUM Committee of SMUN held on March 6 and 7, 2022, had 27 delegates from 27 countries. Delegates enthusiastically participated in the discussion to find ways to work towards the agenda.

Best Delegate: Ms. Nemisha Bastakoti, Russia

Best Strategist: Ms. Anushansa Maharjan, China

Best Position Paper: Ms. Nibbana Shakya, Denmark

► *Economic and Social Council (ECOSOC)*



Agenda: Increasing Growth of the Least Developed Countries through the Implementation of Policies

ECOSOC is one of the six principal organs of the United Nations (UN) that coordinates the economic and social activities of the United Nations and the UN family of organizations. ECOSOC brings people and issues together to advocate for collective action in the pursuit of a more sustainable future. The committee sessions were attended by delegates from Afghanistan, Argentina, Austria, Bangladesh, Belgium, Canada, Chile, China, Colombia, Finland, India, Israel, Kazakhstan, Libya, Madagascar, Mexico, New Zealand, Nigeria, Portugal, Russia, the United Kingdom, and the United States of America. Delegates from the United States, Finland, China, Mexico, and Colombia proposed various motions. The following are some examples of motions that were approved through the voting system:

Agencies against corruption to help utilize aid granted by different countries;

Challenges of policy implementation;

Economic help from different countries contributes to the economic development of the Least Developed Countries (LDCs);

Implementation of agricultural policies to alleviate poverty in LDCs,

Ways to reduce poverty and increase employment opportunities.

Best strategist: Prinshav Kandel, The Republic of China

Best Position Paper: Tavish Man Shakya, Russia

Best Delegate: Shreyansh Agrawal, USA

▶ United Nations Human Rights Council (UNHRC)



Agenda: Promoting Children's Welfare by Eliminating Child Labor

UNHRC is an important body of the United Nations. It aims to promote universal respect for the protection of all human rights and fundamental freedoms for all.

UNHRC was one of the committees in SMUN with 30 participants. The agenda of the committee was to discuss the countries' stances on promoting child welfare by eliminating child labor worldwide. The session started with an ice-breaker (a short introduction of all the delegates and the dias members). Then the chairperson briefed the learners about the topic and the rules of procedures. The session throughout the day proceeded with the GSL and moderated and unmoderated caucuses where some of the topics of discussion were:

- Child labor existing in the represented countries
- Violence against children
- Role of developed countries in eliminating child labor
- Child rights
- Importance of education to promote child welfare.

The session was engaging as most of the participants took part in the debates and discussions. Delegates of Pakistan, Italy, Mexico, Ukraine, France, and Norway showed active participation in the heated conversations. The second session continued with a moderated caucus on the topic, "Children welfare affected due to conflict worldwide," followed by another moderated caucus, "Solutions to eradicate child labor." Finally, the SMUN ended with delegates discussing a working paper.

Best Delegate: Rajasee Hamal

Best Position paper: Shrivalli Pant

Best Strategist: Elizabeth Lee

Best Special motion: Dev Bhandari

► DISEC



Agenda: Role of the UN and regional agencies in controlling the armed aggression between Ukraine and Russia.

The Chair of the committee briefed on the procedures and agenda, and talked about the importance of security and protection of innocent people in Ukraine. The committee commenced by raising a motion on the conflicts and threats to international peace and maintaining global stability and security. Then the session followed with two critical motions of thematic relevance for the committee. During the session, the delegates of Russia, Ukraine, and the USA were seen as most active in presenting arguments and counter-arguments. Even the delegates of other countries (many of them were neutral) opined that it was necessary to provide a comprehensive approach to ensure peace and security through multilateral collaboration and peace talks between warring countries with the mediation of UNO. They also presented their views taking stances on the general principles of cooperation in the maintenance of international peace and security, including the principles governing disarmament and the regulation of armaments. After considering and discussing the agenda, an effective resolution was passed, bearing in mind the unequivocal necessity for multilateral collaboration and a wide variance of perspectives.

All in all, at the end of the day, the delegates celebrated their differences together and jived to some common music. Overall, SMUN aided in their international mindedness and broadened their vision by allowing learners to critically analyze the world around them. The closing was done by the School Director, Ms. Diptee Acharya, who applauded the learners in her speech.

THANK YOU

and hope you enjoyed reading!



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